

Carolina Country



JULY, 1973

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POET'S CORNER

VERSES FROM OUR READERS

To Our Flag

So proudly waving in the air,
Symbolic proof that men are free,
Criterion of all that's fair,
Imparting hope of things to be,
I see your colors flying high
And glory shines in every hue.
Oh God, may you forever fly,
And bless the Red and White and Blue!

Paul Ellis Bow
Hickory, N.C.

Conversation With Conscience

Yes, in his lodge my man's the hub.
I help raise funds for P.T.A.
Sure, we work with the 4-H Club.
"They need some help in church," you say
I couldn't possibly find time.
You say: "Those clubs are good in fact,
But God should be put first in line
Each day. He shouldn't be sidetracked."
Conscience continues:
"Of gratitude you have a dearth.
Can't you mind what God gives you even?
If you've no place for Him on earth,
Should you expect a room in heaven?"

Daisy Simpson
West Jefferson, N.C.

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is Untidy Warmth —
a doll — a dog
a ball — a tree.
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to look
to see!

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Your EMC's Magazine

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Brenda Sargent

Carolina Homemaker Editor

Official Publication

North Carolina Electric

Membership Corporation

Dilettantes, High Prices and Butz

Congress has passed, and the President has signed into law, legislation ending the REA loan crisis, but we still have Butz.

And the way Butz — Dr. Earl Butz — talks indicates the Administration's attitude towards rural America is still as it was when the President, after terminating the REA direct loan program, made his remark about country clubs and dilettantes.

The President, you'll remember, said the direct loan program was no longer needed because, as he put it, 80 percent of the money loaned goes for country clubs and dilettantes and others who can afford living in the country.

Anybody who lives on a co-op line knows that statement was fatuous. Nevertheless, it and other statements by Administration spokesmen about rural programs shows how little the Administration knows or cares about rural realities.

Dr. Butz, Mr. Nixon's Secretary of Agriculture, came to the Cabinet with credentials as an agricultural economist. As Secretary of Agriculture, he has become a political pitchman.

He must know the Administration is undermining the rural economy by terminating and curtailing rural programs. Yet, he not only has endorsed the terminations and curtailments but advocates eliminating or phasing out other important programs, including the tobacco and peanut programs.

What he preaches may square with the views of agribusiness corporations but it threatens ruin for agriculture in North Carolina.

Admittedly, Butz has made points with farmers by championing high prices, but his rhetoric hasn't convinced consumers. That's regrettable because it's time consumers were made aware the farmer is benefiting little if at all from high prices in the supermarket.

The benefits go mainly to the processor, distributor and retailer, not the farmer. Moreover, increased costs of everything the farmer has to pay for largely offset any higher prices he gets.

Actually, a good part of the consumer dollar spent in the supermarket goes for things other than food, and part of the remainder is frittered away on packaging and convenience foods — you could eat \$1.95 worth of the stuff and not get the nourishment you'd get from a cheese sandwich.

We don't know yet exactly what the President meant by dilettantes but it could mean any of us so naive as to be beguiled by Butz.

Jim Chaney

OVER — In the 1800's, when the picture was painted by Alfred Howland, this could have been the scene in most any city or town of any size in our young republic. If the parades were sketchy and crowds thin, there was no lack of toasts, cannonades and patriotic declamation. The Fourth of July in those long ago days was, to quote from a Raleigh newspaper's account of an Independence Day celebration on July 4, 1800, "a day dear to all true patriots." Americans were less sophisticated then but a lot wiser of the meaning of liberty.

This Month . . .

A QUESTION OF GARBAGE
A DAY DEAR TO PATRIOTS
THE CAROLINA HOMEMAKER
HALE
KITCHEN CORNER
TEEN ROUNDTABLE

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CAROLINA COUNTRY JULY, 1973



One reason for roadside dumps like this is a lack of adequate provision in rural areas for refuse disposal.

Where Can We Put the Garbage?

Despite laws against dumping and littering, the North Carolina countryside is being polluted by a proliferation of unsightly dumps. They are found along roads and highways, in ditches and streams, in fields and woods and just about everywhere people with things to get rid of feel they can dump them without getting caught. In too many cases, the dumps exist because there is no provision in the community for garbage and trash collection and nowhere else to dispose of it. Sanitary landfills can fill that need, but there will have to be more of them—and conveniently placed receptacles for use in connection with them—if the problem of unauthorized dumps is to be solved.

By Frank Jeter Jr.

USDA — Soil Conservation Service

When families in town think about garbage, it's probably just to wonder whether a dog will tip over the can before the garbage collector comes.

For families in rural areas without

regular garbage and trash collection service, just getting rid of garbage is a problem.

It's an even bigger problem for municipal public works directors,

commercial trash services, county officials and others directly concerned.

For them, the big question about refuse is: Where can we put it after we collect it?

Increasingly, the answer seems to be the sanitary landfill. This disposal method is already the leading successor to the old municipal dump, and seems destined to increase in use more than five million North Carolinians (and more than 210 million of their fellow Americans) continue to throw away several pounds of refuse each day for each man, woman and child.

Both city and county governments are now actively engaged in the operation of sanitary landfills; roadside signs directing people to the dumps are commonplace. (Most landfills are not visible from nearby roads).

Once a decision is made to build a landfill, site selection is the most important step. For this purpose, useful information is available from the Soil Conservation Service, an agency of the U.S. Department of Agriculture which serves every county in North Carolina.

More Light

A story in the May issue told of some unusual reasons people have for installing security lights. Here are a few more:

F.T. Carr of Pitt and Greene EMC says some lights are used around fish ponds to attract insects for fish food.

A member of Tideland EMC had a light installed to keep deer from eating his soybeans, and a number of people across the state reportedly use the lights to discourage "lovers" from parking in their drives.

Final results from a statewide survey show North Carolina's EMCs had a total of at least 65,504 security lights on their systems as of April 1.

"We're glad that we can make this service available," says State Conservationist Jesse L. Hicks, "because public health and keeping our streams and reservoirs clean is certainly a fundamental step in maintaining environmental quality."

Soils information is provided to help local governmental officials decide which site or sites, under consideration for landfill use, offer the best possible choice.

On most landfills, trenches or pits are dug, after land has been cleared, to be ready for the tremendous load of trash to come. The refuse is hauled and placed in the trench or pit, and compacted — usually by heavy treaded tractors or other heavy equipment — and then covered daily with several inches of soil.

This creates the desired sanitary conditions, reducing blowing of trash to a minimum and also preventing pests by rodents and insects. Each layer of refuse is covered by several inches of dirt, and when the area is covered a foot or more of soil seals it permanently.

Soils data can tell if a site is suitable from the standpoint of water contamination. If water-bearing strata exist beneath the refuse area, water will go through the garbage and continue to move to nearby streams or ponds, causing pollution.

A proper site will not pose this problem.

Soils information can also help locate large stone deposits in the ground. While posing no pollution problem, stone is troublesome to operators digging in the ground — to the site, stone must be removed. This creates extra expense.

Most advice in creating a new sanitary landfill recommends that trees, if available, be left standing on the edge of the landfill site. Before the protective earth cover is in place, shrubs and trees will prevent paper and other light debris from blowing away from the site on a breezy day. Some landfills have wire mesh fence to accomplish the same purpose.

Some areas are not suited for landfills. The soils information from the SCS can advise planners and decision-makers when this is the case, and avoid possible serious problems in the future.



Sanitary landfills are burying grounds for almost everything people throw away.



At a landfill, heavy machines compact refuse and move it into place for burial.

"There is a difference between ordinary landfills and sanitary landfills, and this is a major difference," said Hubert Byrd of Raleigh, state soil scientist for the SCS. "We have some landfills built in past years that may have provided a place to dump the garbage, but now serious problems are appearing as they deteriorate and release partly decomposed waste into nearby streams. Neighbors complain about the odors from some of these old landfills as well, and they have something to complain about."

In past years, the city dump could often be spotted by the pillar of black smoke rising as public works employees sought to incinerate part of

the waste. Usually such efforts resulted in a continuous smoldering condition.

The sanitary landfill prevents any incineration. Even when some combustible material has a tendency to smolder or burn, the earth cover and compression restrains the blaze — again contributing to environmental quality.

Advice on site selection for landfills, as with other public works, is available in every part of North Carolina from the local office of the soil and water conservation district or from the district conservationist or other representatives of the USDA-Soil Conservation Service.

Play Safe Around Water

*Mother, may I go out to swim?
Yes, my darling daughter:
Hang your clothes on a hickory limb
And don't go near the water.*

A lot of daughters — and sons — will be going out to swim these hot July days.

If they are taught, and will obey, basic safety rules, mothers needn't tell them, don't go near the water.

The rules are simple:

1. Learn to swim. 2. Never swim alone. 3. Swim only in supervised areas. 4. Never dive into strange waters or into unsafe depths. 5. Don't swim right after eating, when overheated or during electrical storms. 6. Wear life jackets in boats, and hang on to the boat if it swamps or capsizes.

Besides learning basic water safety rules, everybody should learn what to do to help others in emergencies.

The two panels below are taken from an American Red Cross bro-

chure. The one on the left shows how you can help even if you can't swim. The one on the right shows how you can administer artificial respiration.

Mouth-to-mouth resuscitation has saved thousand of lives. It can be used to revive people who have stopped breathing due to drowning, or injury, or because of a sudden illness, such as a heart attack.

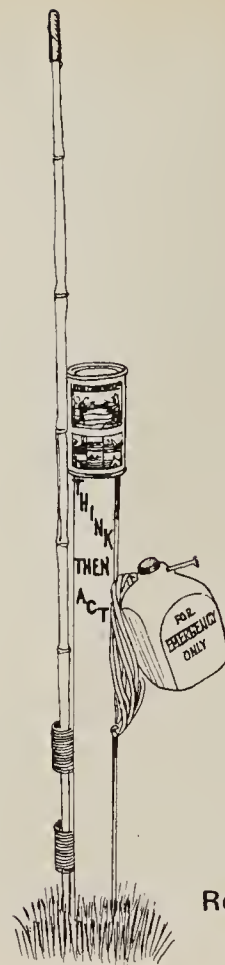
The Red Cross Safety Post is intended for use beside ponds and pools and anywhere else a person in the water might need help.

The Safety Post is for emergencies. If you make sure every swimmer in your family practices water safety, emergencies shouldn't arise. Even so, the Safety Post is a good idea.

Pond and Pool Rules

Here are some water safety rules recommended by the Red Cross for farm ponds and home pools:

- Never permit swimming alone.
- Mark off safe swimming areas in pond with buoyed lines. Remove underwater

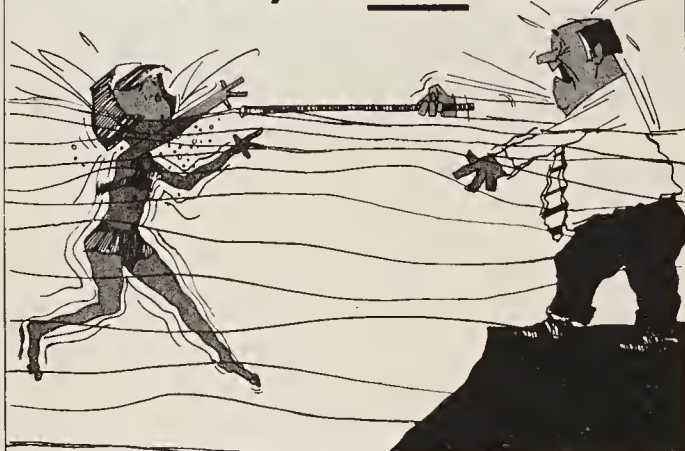


Red Cross Safety Post

snags, trash, bottles, etc. Clearly mark deep and shallow areas in pools.

- Discourage swimming in areas in front of steep, sloping banks.

YOU CAN HELP even if you can't swim



BY EXTENDING YOUR REACH



ARTIFICIAL RESPIRATION



If foreign matter is visible in the mouth, quickly wipe it out. Then tilt the victim's head back.



For an adult, cover the mouth with your mouth, pinch the nostrils shut, and blow vigorously. For a small child, place your mouth tightly over his mouth and nose and blow gently (shallow puffs for infants).



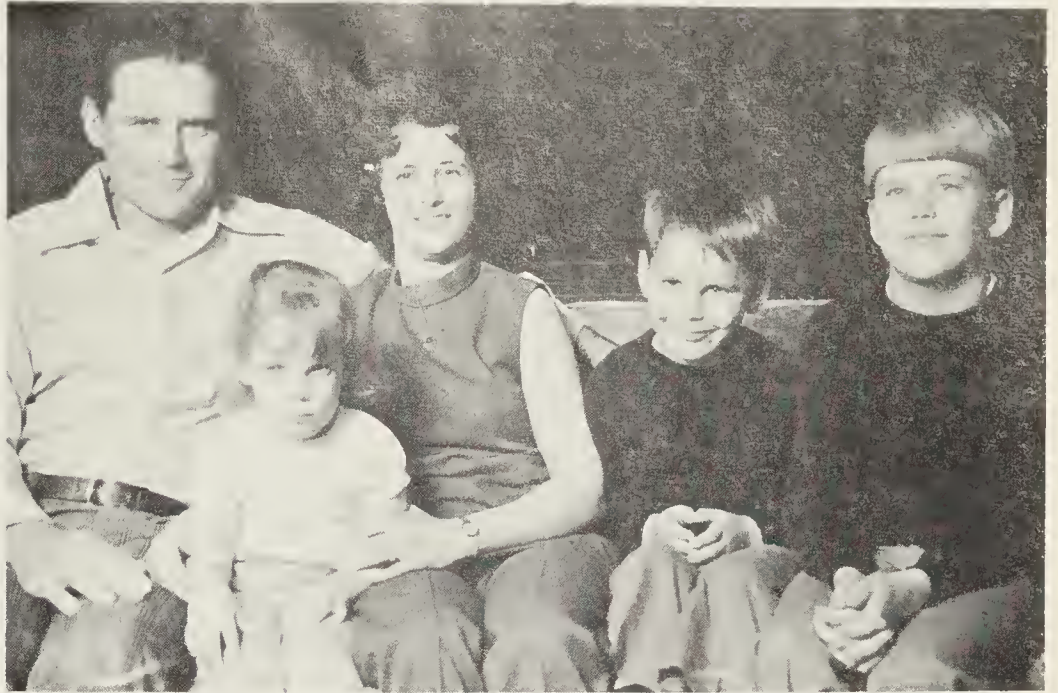
Remove your mouth, turn your head to the side, and listen for the return rush of air. Repeat for adults at the rate of 12 times a minute (every 5 seconds) or for children at 20 per minute (every 3 seconds).

If you are unable to get air into the lungs of the victim recheck the head and jaw position. Then repeat the blowing effort.

If you suspect that foreign matter is blocking the airway, turn an adult victim on his side and slap him sharply between the shoulder blades. A small child should be inverted over the forearm, and firm blows should be delivered between the shoulders.

**DON'T DELAY—SECONDS COUNT!
FOLLOW THESE SIMPLE RULES.**

FHA FARM FAMILY OF YEAR



Fred and Wilma Spencer with daughter Khristana and sons Allan and Freddie.

The Fred S. Spencer family of Washington County is North Carolina's new FHA Farm Family of the Year.

The Spencers who live at Rt. 2 Creswell received the Farmers Home Administration award in May at a luncheon in Raleigh attended by agricultural leaders, state and local officials and friends.

Gov. Jim Holshouser made the principal address and presented the award, James T. Johnson, FHA state director, presided.

The announcement of the award said: "The Spencer family was selected by the FHA State Advisory Committee from all county winners . . . as the family that best exemplifies the purposes and attainments possible through the farm credit programs of the Farmers Home Administration. They have made notable progress from humble beginnings, overcome adversities, and now make substantial and social contributions to their community and county."

The announcement added that through hard work and careful use of FHA credit, the Spencers increased their net worth 500 percent in eight years.

Both Spencer and his wife Wilma were born and reared on farms in the Creswell area. They have two sons, Freddie Lee, 10, and Allan, 7, and a daughter, Khristy, 3. They now own a 230-acre farm and rent additional land. This year's farming operation consists of 240 acres of corn, 130 acres of soybeans and 80 acres of barley. They also have a 200-sow swine operation and produce both feeder pigs and hogs for market.

Spencer applied for his first FHA loan in 1964 when he borrowed \$24,500 to buy a 101-acre farm. In 1966, he borrowed \$1,740 to build a farm shop. In 1970, a third FHA loan of \$39,000 was made to buy a second (128-acre) farm nearby, and in 1972, through a FHA subordination, he obtained a \$10,000 loan from Federal Land Bank to build a 40-stall farrowing house.

In addition, from 1965 to 1972, Spencer received FHA operating and emergency type loans totaling \$40,000 for operating and equipment.

Governor Holshouser said the Spencers "typify the farm family that works together, worships together, plays together and contributes to the betterment of their community and county . . ." and described families like them as "the backbone of a vital American agriculture."

He also said: "With proper help and assistance from government - such as the programs provided by the Farmers Home Administration - the family farmer actually may be on the threshold of his greatest day."

- Post warning signs at danger points, and conspicuously post emergency telephone numbers and safety instructions.

- Supervise children at all times. Never leave a child alone in or around a pool, even answer the telephone.

- Have local Health Department check and approve water periodically for swimming. In pools, maintain clean, clear water and observe Health Department sanitary rules.

- If practical, erect adequate fencing and gate with lock to prevent unauthorized entry to pond by children. Pools should be enclosed with fence and gate with lock.

- Always keep basic rescue and life saving equipment available, including first aid kit.

- Enforce safety rules. At least one person on hand should know artificial respiration and first aid as well as basic lifesaving rescues. Don't allow running, pushing or boisterous play around pools.

- Have a responsible adult teach swimming and water safety to potential farm pond users.

- Make sure that piers, rafts and landings around pond are well built and braced.

- Do not allow people to swim right after eating, when overheated, or during electrical storms. Do not permit diving into unsafe depths.

- Permit no bottles, glass or sharp objects to be used around pool. Put cover over pool if you are going away or if pool is to be unused for extended period.

How to Make Safety Post

POST - A 6 ft. 2x4 or 4x4, preferably painted yellow. Set post about 2 ft. into ground near water at any point where swimmer might get into difficulty. Paint "Think Then Act" in large red letters down length of post on all sides exposed to view. About 1 ft. from top of post, attach metal self bracket, wooden arm or 60-penny spike as rest for coiled life line and inner tube.

JUG - A gallon plastic jug with inch of water inside for weight in throwing. Paint "For Emergency Only" and exposed side in contrasting color.

LINE - A 40 ft. length of line (polyethylene or polypropylene). Tie one end securely to handle of plastic jug. At opposite end, fasten 4 inch piece of 2x4 to prevent line from slipping completely through hands, or from overfoot, when rowing.

POLE - A 10 ft. or 12 ft. bamboo pole or suitable sapling. Since pole will be used to extend to anyone struggling in water, tip should be wrapped with friction tape. Paint pole white. Two 6-oz. cans nailed near bottom of post about 6 inches apart will hold pole upright for quick use.

CAN - Any large can, such as coffee can, which will fit over top of post. Clip panels from page 6. Apply coat of spar varnish to inside. Wrap panels around can while varnish is tacky. Add panel with emergency phone numbers and location of nearest phone. Let dry, then varnish over panels to weatherproof. Slide can over top of post, nail through center so you can rotate can to read numbers.



Fourth of July in the 1800's.

The most glorious of American holidays too often passes across the calendar these days almost as surreptitiously as Shrove Tuesday.

Oldtimers, who recall how it was when, say 50 years ago, the Fourth of July was a whizbang of a celebration, complain the present generation doesn't give the day its due.

"It wasn't always so," they lament. And Raleigh history bears them out.

In Raleigh's infancy, the Fourth began with cannonade and ended with a dance.

The Raleigh Register and North Carolina Weekly Advertiser of Tuesday, July 8, 1800, which gave four of its 20 columns to reprinting the Declaration of Independence, recorded Raleigh turned out in its best for the Fourth of July that year.

"Friday past being the anniversary of American independence — a day dear to all true patriots as it rescued their country from the fangs of arbitrary power — was observed here with due respect," the paper reported. Due respect in those times meant a day of toast and cannon salutes.

"The festival was announced" the paper reported, "at the break of day by the firing of cannon, and at 2 o'clock about 60 of the citizens assembled at Captain Rogers' spring in the vicinity of the city where a temporary canopy was erected and an elegant cold collation was provided by Mr. Casso, the arrangements of which reflected high credit upon him."

Mr. Casso, supplier of the elegant collation, was operator of the same tavern in whose courtyard young Andrew Johnson, a future president, was born.

"A Day Dear

"The company being seated," the account continues "Governor Williams as president (of the occasion) and Colonel Polk (who later was to become the nation's 11th president) as vice president, the Declaration of Independence was read. After dining, toasts were given, each of which was announced by a different charge of cannon.

"Between the toasts a number of patriotic and convivial songs were sung and the day passed away in undisturbed harmony — so party spirit, that demon of discord, pervaded the meeting.

"The shades of evening alone warned the company to separate; when the president, vice president and gentlemen present repaired to the State House to meet the ladies of the city, where an elegant collation was provided and the 'mazy dance succeeded the flowing bowl.' "

A total of 14 toasts were drunk that Fourth of July, though the paper fails to say in what beverage. After each toast the cannoneers would fire at will. Up to 16 salutes were fired if the gunners felt the toast warranted. Guns and toasters must have been warm by the end of the day.

The toasts raised July 4, 1800 were as all-inclusive as a political platform.

The Raleigh Register listed them all:

"1. The Day — the auspicious Fourth of July — may ever be held in remembrance by the sons of America as the day of their political freedom.



True Patriots"

- "2. The memory of George Washington.
- "3. The heroes who fell in the Revolutionary War — may their memory be an incentive to their successors.
- "4. The United States — may they continue free, sovereign and independent; not influenced by foreign intrigue nor disturbed by internal confusion.
- "5. The President of the United States — may his countrymen rightly appreciate his distinguished virtue, patriotism and firmness.
- "6. The Vice President of the United States.
- "7. Both Houses of Congress and judicial officers of the United States.
- "8. The Militia of the United States — may the valour of soldier be combined with the virtue of the citizen.
- "9. The Navy of the United States — the benefits which have arisen from its infant efforts are a just presage of its future greatness and usefulness.
- "10. Agriculture and Commerce — may they both have the fostering hand of government and as they are equally dependent on each other, so let them be equally regarded.
- "11. Our Envoys Davie, Ellsworth, Murray — may their missions be crowned with success.
- "12. The freedom of the press without licentiousness.
- "13. The friends of religion and order — may they always triumph over the supporters of infidelity and confusion.
- "14. The State of North Carolina.

"15. The University of North Carolina.

"16. The Americans fair — may their smiles excite deeds of valour in the youth of their country."

That might have been enough for any celebration — but it wasn't. The company, according to the Raleigh Register, was just getting warm.

"After the above," the paper adds, "several excellent volunteer toasts were drank."

The next year, and for years after, barring the period of the Civil War and the toastless days of the Reconstruction, the custom was repeated with varied vigor. Although the toasts have passed from memory and the cannons gave way to firecrackers, North Carolina sustained its Fourth of July spirit until comparatively recent years.

Some think the arrival of the automobile and the popularity of trips to the beach and mountains are responsible for the current lack of ceremony.

There are those who hold a little of the old Fourth of July oratory and might be just what the country needs. They want more of the old fire and vinegar and more of the old times toasts such as these:

"To the Habeas Corpus, the trial by jury, the freedom of the press and religion — may they be ever held sacred."

Or, "The Great Family of Man, may it live in Peace forever."

And once in a while it might be a good idea to raise that old favorite:

"To the admirers of Monarchy; may they soon be enabled to leave us and go where they anticipate its blessings and protection," followed by a grand salute of 16 cannon.

Jim Chaney



*The Carolina
Homemaker*
Edited by Brenda Sarr

A CARE PACKAGE FOR YOUR FURNITURE

by Fran Maierhauser

Some people clean their furniture with mineral oil — others use milk, and still others use mayonnaise! If you are one of those who is befuddled by what you OUGHT to use on the furniture you have, whether you are using antiques, “attic-specials” or “store-bought new,” here are a few tips you may be interested in.

In the first place, furniture care is mostly common sense. Most of us

keep coasters handy for things that are either very hot or very cold. Generally we clean up accidents as soon as they occur — at least, if we’re around when they occur. And we all try to select the proper polish for the type of furniture we own.

Most products designed to be used in the cleaning and polishing of furniture have recommended furniture finishes to which they are specifically adapted. If we know the type of

surface on the furniture that we’re going to be cleaning and/or polishing, we can make the proper choice of furniture-care product. So let’s discuss the various kinds of finishes.

On wood furniture, there are two final finishes: high-gloss staining and low-gloss, authentic boiled-oil, or paint. You can usually recognize one of these finishes by examining the surface of the furniture and the color and amount of light it usually reflects.

High-gloss finishes and wood require a paste wax or a liquid polish. With paste wax, apply a thin coat and buff to a high sheen. Liquid polishes, which require less rubbing, should be rubbed onto a soft cloth — not directly onto the furniture. Use a soft cloth to buff.

Satin Gloss finishes need a cleaning polish or a cream wax containing no silicone. Silicone increases the gloss. After numerous waxings, the gloss will noticeably heighten and you will know it is time to remove the wax completely and start fresh. Use a product recommended for removing wax from wood furniture.

Low-gloss finish should be polished with a low-luster or a cleaning wax designed to clean and protect the finish without adding luster. However, if more sheen is desired use a paste wax. Apply sparingly between two layers of cloth so that only a thin layer coats the surface of the furniture. Wax small areas at a time and buff until the wax is hard and dry. Remember that under-buffed wax will tend to collect dust and soil.

Authentic boiled-oil finishes need only occasional washing and cleaning with mineral spirits followed by an application of boiled linseed oil. If wax has been applied by mistake, remove it with mineral spirits before putting on an oil coating. Use a pad to apply the oil, rub vigorously and wipe away all excess oil. To avoid the danger of spontaneous combustion (see), all pads and cloths used with linseed oil should be thoroughly wet with water and disposed of immediately after use.

Slightly scratched or marred oiled furniture is easily repaired by a light sanding with very fine steel wool. Always work in the direction of the grain. Then wash, allow to air dry, and rub with mineral spirits before re-oiling.

Paint finishes are easy to maintain by washing with suds and water. Use water sparingly, though, especially around the joints in the furniture. Also, be sure to rinse well. If you want to use a wax or liquid polish after washing, be sure to select one made specifically for paint finishes. (You'll find this information on the package — or can — of furniture-care products.)

Besides the finishes mentioned above, there are special topcoating or "super finishes" that make furniture more resistant to permanent damage from common household spills and stains and excessive heat and cold. These finishes require the same type of care as the wood surfaces to which they are applied.

Laminated plastics, found in furniture designed for use in children's rooms, family rooms, kitchens and baths, are easy to care for. Usually routine washing with a sudsy sponge is all the care they require. A wax or polish may be used to preserve their luster. You'll want to use the type recommended for plastic or you'll be able to see streaks when looking at the furniture from certain angles. Although they are tough, plastics are not indestructible. It is wise to protect plastic surfaces from extreme heat, and from cutting or slicing operations.

Leather surfaces should be washed occasionally, using just the foam of a suds solution and wetting the surface as little as possible. Rinse several times with a clean damp cloth. Then apply a fine furniture cream. Avoid silicone polishes, heavy paste wax or liquid wax as cracking may result. If you are using glass tops to protect the leather, cushion the glass with felt bumpers on the corners to allow the air to circulate over the leather. In between times, just dust with a clean, soft untreated cloth.

Leather-look vinyls can be suds-scrubbed with safety. Since the vinyls are non-porous, wetting will not harm them. Take care not to let the water seep into seams or inlaid sections of the furniture. It could loosen the binding and/or joints.

Marble may be washed frequently with water. As needed, it is all right to use a detergent solution and work it in with a fiber brush to remove any residue soil which could collect. Rinse and wipe dry after a sudsing to prevent streaking and spotting. You can use a colorless, light paste wax to protect the surface — but it may add a yellowish tone if your marble is white.

You can liven dull marble by using a putty powder (available at hardware stores) rubbed with a damp cloth. Use a light, steady touch, then rinse and dry.

CAUTION: fruit juices, carbonated beverages or acids will etch marble.

Any spills of one of these products should be sponged up immediately, then suds off and rinse before drying.

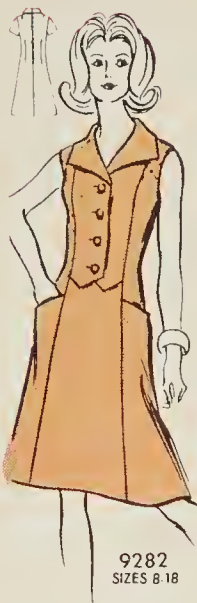
Read the recommendations of the polish or cleaner manufacturer as printed on the container before purchasing to be sure what you are buying is recommended for use on the furniture surface you own. These should be the final guide lines for you in selecting a furniture cleaner or polisher.

FURNITURE CARE TIPS

1. Redwood patio and lawn furniture lasts longer if scrubbed and sanded each season, followed by the application of a sealer.
2. A favorite leather-upholstered chair that's beginning to look a bit scruffy can be made to look like new again by washing it in milk.
3. Those cloudy streaks on dark polished furniture can be removed by wiping with a chamois cloth wrung out in cold water, then polishing with regular furniture polish. The old clean luster will return.
4. The best way to dust your furniture is to use the soft-bristled brush attachment of your vacuum cleaner. Not only will the dust disappear into the vacuum cleaner rather than the air, but also large particles of gritty soil and litter will be picked up without scratching the surface.
5. Ash trays come clean and fresh more readily if you wax the inside. This is true especially for metal ash trays.
6. Harsh polishes or abrasive powders should not be used on pewter. Clean pewter with whiting denatured alcohol for a bright finish. Allow the paste to dry on the metal, then wash, rinse, and dry. For a dull finish, use a paste of rotten-stone and oil. Corrosion can be removed with fine steel wool dipped in oil to prevent scratching. If the pewter is very tarnished, send it to a jeweler or professional metal cleaner to restore the finish.

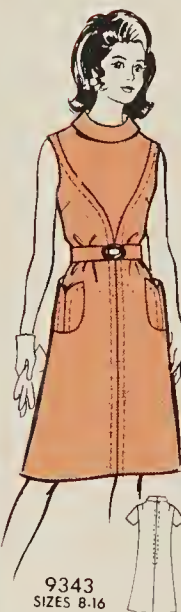


FASHION FAVORITES



ONE
PATTERN
PART

4776
SIZES
S-10-12
M-14-16
L-18-20



ABOUT THE HOUSE

Herb Cookery Gains Interest

Interest in small herb gardens indoors, and outdoors, has awakened new interest in herb cookery.

Some people, however, are reluctant to use herbs as they are afraid of not choosing the correct one for a given dish.

Herbs are used to enhance the flavor of a food and not to disguise it. There are no fixed rules. The most interesting flavor combinations may not be found in any cookbook; they may be found purely by accident.

Even so, you may wish to keep these points in mind:

If cooking with fresh herbs, use about four times as much as when dried herbs are used.

It is impossible to judge the age or quality of a dried herb except by sight and smell. Usually, the greener the herb, the more likely that its flavor is retained is best flavor.

If the cooking time of a dish is very short, dried herbs will give a more delicious flavor if they have been moistened with a little warm water or salad oil and allowed to stand for 10 minutes.

Foods that require long cooking should have the herb added during the last hour of cooking for the best flavor.

When seasoning uncooked foods, dried herbs should be added well in advance of serving in order to release their full flavor.

To avoid specks in a finished dish, dried herbs may be tied in a cheesecloth bag and removed before serving.

A good rule of thumb on amount of dried herbs to use is 1/4 teaspoon to a recipe for four.

Even the beginning cook can turn out dishes that are simple yet culinary "masterpieces" by following these easy rules.

If you have any helpful hints or special information that you would like to share with our readers, send them to: About the House, Carolina Country, P.O. Box 123, Raleigh, N.C. 27602.

Pattern No. 9282 is cut in sizes 8, 10, 12, 14, 16 and 18
Pattern No. 9343 is cut in sizes 8, 10, 12, 14 and 16
Pattern No. 4861 is cut in sizes 7, 9, 11, 13 and 15
Pattern No. 4776 is cut in sizes S (10-12), M (14-16) and L (18-20)
Pattern No. 9442 is cut in sizes 10 1/2, 12 1/2, 14 1/2, 16 1/2 and 18 1/2
Pattern No. 9453 is cut in sizes 2, 4, 6 and 8.

Send 75 cents in coin (no stamps) for each pattern to:
CAROLINA COUNTRY, Box 42, Old Chelsea Station,
New York, New York 10011. For first class mail, add 15
cents for each pattern. Be sure to include your full address,
zip code and pattern size.

HALE

The Eyes of the Beholder

Doctor: "I don't like the looks of your husband."

Wife: "I don't either, Doc, but he is kind to the children."

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Midnight Prowlers

A group of men were discussing how to deter possible home prowlers. One said he kept a gun by his bed. Another said he had an elaborate alarm system installed. The third, the father of six young children, said, "If a burglar came into our bedroom during the night, I'd probably get up, take him by the hand, and walk him into the bathroom."

Take Your Pick

Two men robbed a bank (recently). Luckily witnesses were able to give the police an excellent description of the get-away car. It was either a 1966, 1967, 1968, 1970 or 1971 Volkswagen.

A Card for Any Occasion

A little boy had been pawing over a stock of greeting cards for a long time when a clerk asked him, "Can I help you find what you're looking for, son?"

"You got anything in the line of blank report cards?" he asked wistfully.



Your report in the June issue, "Congress Restores REA Loan Program by Overwhelming Vote," states 10 of North Carolina's 11 U.S. Representatives were present for the vote on S394. Since the names of nine Congressmen were listed, I assume our Congressman, Walter B. Jones, was omitted from the listing.

Gilbert L. Whitley
Farmville

Rep. Walter B. Jones (1st District), long a supporter of REA, definitely voted for S394. He was included in the count of 10 North Carolina Congressmen present for the vote, but his name was inadvertently omitted, which is particularly regrettable since, as a member of the House Agriculture Committee, he was instrumental in working out the legislation.



Each year there's a tremendous increase in the population of automobiles on our nation's highways. This increases your chances of accident and injury. The death rate now exceeds 50,000 a year and injured 3,000,000. Many could be prevented with a little care and courtesy. Help reduce this high cost of accidents by lowering the rising accident rate, and you'll be helping to hold down automobile insurance rates. If you belong to Farm Bureau, and need automobile insurance, contact your agent today. He provides the protection and service you'll appreciate.

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KITCHEN CORNER

CHICKEN CHEESE STRATA

Do you hesitate to have company in these days of skyrocketing food prices, or because you never seem to have the time to prepare a meal that will do you proud? Then try this appetizing yet economical main dish. Best of all, it can be prepared ahead of time so there is no last minute work or worry. Mrs. Louise B. Matthews of Matthews, North Carolina sent it in with the following suggestions for a complete meal: a green vegetable (peas, string beans, limas, or broccoli), a fruit or congealed salad and a light dessert such as a lemon chiffon pie as the grand finale.

Mrs. Matthews writes that she has served Chicken Cheese Strata to guests a number of times and is always asked for the recipe. The Matthews are served by Union Electric Membership Corporation.

If you have a favorite recipe that you would like to share through this column, send it to: Brenda Sargent, Kitchen Corner, P.O. Box 1629, Raleigh, N.C. 27602. Tell us something about the recipe and any helpful tips you have discovered in preparing it, your family and the name of the EMC that serves you. We pay \$2 for the recipe chosen monthly for this column.

CAROLINA COUNTRY RECIPE

Chicken Cheese Strata

Submitted by: Mrs. Louise B. Matthews, 10023 Providence Rd., Matthews, N.C.

- 8 slices white bread
- 2 cups cooked diced chicken
- 1/2 cup *each*: Chopped onion, celery, bell pepper
- 1 sliced hard boiled egg
- 1/2 cup mayonnaise
- 1/2 tsp. salt; dash of pepper
- 1-1/2 cups milk
- 2 slightly beaten eggs
- 1 can cream of chicken soup
- Buttered crumbs
- 1 cup grated sharp cheese

Butter bread and cut into cubes. Place half in buttered eight inch square baking dish. Combine chicken, vegetables, mayonnaise, boiled egg, and seasonings, and spread over bread cubes. Put remaining bread over this mixture. Combine eggs with milk and pour over all. Cover and chill several hours in refrigerator. Spoon soup over the casserole and sprinkle with buttered crumbs. Bake for 50 minutes at 350 degrees. Add grated cheese to the top for the last ten minutes of baking. Serves six generously.



NEEDLE CRAFT



Pattern No. 7112

Discover the fun of needlepoint. Do cat in 5/8" squares (single stitch) in 3 shades of color. Background is an easy cross stitch.

7297



Pattern No. 7297

Surprise and delight a little girl with a Sunday-best dress, crocheted in a lacy pineapple pattern stitch. Use mercerized crochet-knitting cotton.



Pattern No. 7073

Embroider charming Days-of-the-Week motifs in singing colors on a set of towels. Easy embroidery. Seven motifs.

Pattern No. 7028

For Potholder Jiffys, crochet and join 4 squares for center front, 4 for back, 18 for bag. Use knitting worsted yarn.



Send 75 cents (no stamps) for each pattern to: CAROLINA COUNTRY, Needlecraft Dept., Box 162, Old Chelsea Station, New York, N.Y. 10011. Print your name and full address with zip code and include the pattern number you want.

If your neighbor had a rooster that woke you up very early every morning, what would you do?

to me there would be nothing I could do except learn just getting up early or learn to ignore the crow and go back to sleep. It's natural for a rooster to crow."

Cynthia Mae Newton
Route 1, Box 306
Willard

Cynthia is 15 and attends Penderland High School. Her hobbies are reading, writing speeches, exploring nature, and playing baseball. Her family is served by Four County EMC.

"I think I would tell the neighbor that his rooster is waking others too early in the morning and ask him in a friendly way to make a pen for his rooster farther away from the neighbors, so that when he crowed early in the morning he wouldn't disturb anyone."

James Lockhart
Route 1, Box 287
Jackson

James is in the seventh grade at Garysburg Elementary School. His hobbies are playing basketball, listening to music, and reading. His parents, Mr. and Mrs. Cleveland Lockhart, are served by Roanoke EMC.

"I would visit the neighbor. If he needs the rooster, I suggest you get thicker curtains and set plants in the windows to help absorb the sound. If he doesn't need the rooster, offer to buy it and then invite him over for chicken and dumplings."

Tammy Cole
Route 6, Box 16
Lexington

Tammy is 12 and attends Linwood School. She enjoys basketball, swimming, and collecting coins. Her parents, Mr. and Mrs. Ray Cole, are served by Davidson EMC.

"I think you should start getting up with the call and don't worry about buying alarm clocks."

Johnny Smith
P.O. Box 83
Stella

Johnny is 13 years old and attends White Oak Elementary School. His hobbies are model building, drawing and painting, raising animals, and basketball. His parents, Mr. and Mrs. Charlie M. Smith, are served by Carteret-Craven EMC.

TEEN ROUNDTABLE

NEXT QUESTION

If a person doesn't like to fight but is always challenged, what should he do?

This question was sent in by Willie Crawford of Fairmont. Willie is 14 and goes to Fairmont High School. His hobbies include coin and stamp collecting and photography. He also enjoys horseback riding, baseball and raising animals. Willie's parents are served by Lumbee River EMC.

If you have a good answer, send it to THE TEEN ROUNDTABLE, Carolina Country, P.O. Box 1699, Raleigh, N.C. 27602 at once.

Tell us a few facts about yourself — your age, school, hobbies, etc. Include your parents' name and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5.

If you want to submit a question send it along and for each one used the sender will get a \$5 check.

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